

The Human Resources Department is pleased to announce:

**Smoking Cessation Benefit**

This benefit is available to you through Blue Cross, Blue Shield of Georgia.

In addition, we are also rolling out the **Beat the Pack Program**.

This program is an optional, in-house, stop-smoking program. It will give you the tools and support that will help you quit smoking.

**We invite you to come to the Beat the Pack Program meetings!**

**Join Us:**

April 16<sup>th</sup>, 2010 @ 11:00 a.m.

April 23<sup>rd</sup>, 2010 @ 11:00 a.m.

April 30<sup>th</sup>, 2010 @ 11:00 a.m.

May 7<sup>th</sup>, 2010 @ 11:00 a.m.

Location: Solid Waste Department (Dean's Bridge Road)

**Refreshments will be served!**

**For Registration Contact:**

Alicia Golding, (706) 821-2511 or [agolding@augustaga.gov](mailto:agolding@augustaga.gov)

**It is recommended (not required) that all participants call their Primary Care Physician prior to beginning the program to receive a prescription for a smoking cessation medication if needed.**